

# Parent & Tot Aquatics Program

## Level 2 • Beginner Swimmer

BELLA the BLOWFISH and  
LIZZIE the CLOWNFISH



### Course Curriculum

- ☐ Open eyes under water
- ☐ Breathing (introduction)
- ☐ Retrieve object from bottom (3 feet)
- ☐ Back float alone
- ☐ Jump in & level off
- ☐ Bobbing
- ☐ Jump in & return to the wall
- ☐ Using ladder to exit pool
- ☐ Push from wall to guardian
- ☐ Turtle float
- ☐ Glide on front with face in water
- ☐ Gain confidence in the water
- ☐ Glide & kicking (guardian to instructor)
- ☐ Watch safety demonstration
- ☐ Paddling with arms